

# Soothing Blends

## January Oil Of The Month Club

### ABSCCESS RELIEF

Lavender, spike  
Peppermint  
Sesame Seed

### FUNGAL RELIEF

Lavender, spike  
Niaouli  
Macadamia Nut  
Fractionated Coconut

### WOUND CARE

Sage  
Cistus  
Sesame Seed

### BURN CARE

Carrot Seed  
Lavender, vera  
Wheat Germ  
St. John's Wort  
Sesame Seed

### EAR RELIEF

Lavender, fine  
Tea Tree\*  
Rosemary ct. 1,8 cineole  
Eucalyptus Radiata  
Fractionated Coconut

### CONNECT

Cinnamon Bark  
Cypress  
Ginger  
Lemongrass  
Peppermint  
Rosemary ct. 1,8 cineole  
Tea Tree  
Thyme ct. linalool

### TOOTH RELIEF

Lavender Spike  
Rosemary ct. 1,8 cineole  
Grape Seed  
Fractionated Coconut

### BEDSORE CARE

Lavender, spike  
Niaouli  
Lavender Vera  
Bay Laurel  
Grape Seed



**GoDesana**  
feel the pure plant difference

### INTRO CLUB \$27 (27BV)

- Abscess Relief {10ml}

### BASIC CLUB \$67 (67BV)

- Abscess Relief {10ml}
- Burn Care {10ml}
- Tooth Relief {AromaStix}

### FAVORITES CLUB \$127 (127BV)

- Abscess Relief {10ml}
- Burn Care {10ml}
- Tooth Relief {AromaStix}
- Fungal Relief {10ml}
- Ear Relief {AromaStix}
- Connect {AromaStix} - "Try Me"

### TRY ME PRODUCT

**Free with all orders of 100 BV or more**

- Connect {AromaStix}

# JANUARY Oil Of The Month Club

### SIGNATURE CLUB \$197 (80BV SAT PACK)

- Abscess Relief {10ml}
- Burn Care {10ml}
- Tooth Relief {AromaStix}
- Fungal Relief {10ml}
- Ear Relief {AromaStix}
- Bed sore Care {10ml}
- Wound Care {5ml}
- Connect {AromaStix} - "Try Me"

# Abscess Relief

Abscess Relief is a Skin Synergy Blend to assist with bringing abscesses to a head.

Abscesses on the skin are often referred to as boils. Common sites for abscesses can include the armpits, groin, rectal area, external vaginal area, and along the tailbone. Inflammation surrounding hair follicles or sweat glands can lead to the formation of abscesses as well.

When an area of tissue become infected and the body's immune system tries to fight it, an abscess occurs. As white blood cells move into the area through the walls of the blood vessels, they collect in the damaged tissue and pus forms. Pus is the buildup of fluid, living and dead white blood cells, dead tissue, and bacteria or other foreign substances.

In general, abscesses must open and drain to improve. Sometimes abscesses will open and drain spontaneously, but frequently they must be lanced by a medical professional.

Abscess Relief has been formulated to assist with bringing abscesses to a head so they will open and drain on their own.

## ingredient highlights

- According to the British Herbal Pharmacopoeia, Lavender, spike was traditionally used for headaches, rheumatic pain, colic, and dyspepsia. In modern aromatherapy Lavender, spike Essential Oil shares some of 'true' Lavender's properties, but is slightly stronger and should be used more sparingly.
- Peppermint Essential Oil is uplifting, bright, and known for its antibacterial, antifungal, anti-inflammatory, pain-relieving, and decongestant properties. When applied topically, the menthol in Peppermint Essential Oil works to increase the blood flow to the affected area and soothes the skin with a cool feeling.
- Sesame Seed Oil has been used in healing for thousands of years. It is high in zinc, which helps produce collagen, giving skin more elasticity and helping repair damaged body tissues. Sesame Oil is naturally antibacterial for common skin pathogens, such as staphylococcus and streptococcus as well as common skin fungi, such as athlete's foot fungus. It is also naturally antiviral and anti-inflammatory.

## pregnancy & children

### TOPICAL

- Infant to 3 months - not recommended
- 3 months to 2 years - not recommended
- 2 years to 5 years - not recommended
- 5 years to 10 years - safe when used as directed
- Pregnancy - safe when used as directed



## ingredients

*100% Pure, Certified Organic and Wildcrafted oils of Lavender, spike; Peppermint, and Sesame Seed*

## suggested usage

- Apply topically to area of abscess 2 to 3 times daily.

## reasonable cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.godesana.com/cautions.asp](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.

## availability

10ml Bottle



### QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure, Certified Organic and Wildcrafted. They are sourced, formulated, and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents, and GC/MS Chromatography Documents are sent to Alexandria for her approval prior to being shipped to goDésana.

### DISCLAIMER

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# Burn Care

Burn Care was formulated to assist the body with regenerating skin that has suffered a burn or sunburn. Burns can be caused by heat, fire, radiation, sunlight, electricity, chemicals, and hot or boiling water.

There are three degrees of burns:

**First-Degree:** Skin is red and painful, slightly swollen, and the area turns white when you press on the skin. The skin over the burn may peel off after 1 or 2 days, and most first-degree burns usually heal in 3 to 6 days.

**Second-Degree:** Skin is red or splotchy and quite painful, may be very swollen, and blisters are typically present. If the second-degree burn is no larger than 3 inches (7.6 centimeters) in diameter, it may be treated as a minor burn.

**Third-Degree:** Skin is white or charred, and damage can affect all layers down to the bone. There may be little or no pain because nerves and tissue in the skin are damaged.

## when to seek professional care

- If in doubt as to the severity of the burn, seek immediate medical attention.
- If a first-degree burn involves much of the hands, feet, face, groin, buttocks, or a major joint, seek emergency medical attention.
- If the burned area is larger or covers the hands, feet, face, groin, buttocks, or a major joint, treat it as a major burn and get medical help immediately.
- In the event of a third-degree burn, seek immediate medical attention.
- Burns that appear more than reddened or mildly blistered should be immediately seen by a doctor or emergency room personnel.
- If the skin is charred or severely blistered or if clothing or anything else is attached to the skin, leave it alone and seek immediate medical attention.

## ingredient highlights

Carrot Seed is a great Essential Oil choice for most skin concerns. It contains effective disinfectant and antiseptic properties that have been shown to assist the body with skin infections and wounds.

Lavender, vera has many antiseptic and analgesic properties that make it ideal for burn relief. It is known to assist the body with healing burns, reducing the risk of scarring, and easing the pain.

Wheatgerm Oil contains high amounts of Vitamins D and E, both of which are known to be beneficial in skin health and minimizing scars.

St. John's Wort is a traditional folk remedy that is used for the topical treatment of superficial wounds, scars, and burns. The healing effect of St. John's Wort is attributed to the active ingredient hypericin, which is responsible for the anti-inflammatory, soothing, and regenerative effect of the plant and all its ingredients. St. John's Wort has been found to be beneficial in assisting the body with healing wounds and preventing scarring.

Research also shows that zinc is a naturally occurring mineral found in Sesame Seed Oil making it beneficial in the body's repair processes and for soothing burns as well as other skin conditions. Sesame Seed Oil is rich in Vitamin E along with antibacterial properties, making it effective for assisting the body with cuts, wounds, and burns. Known to promote healing and reduce the appearance and possibility of scars.

## suggested usage

### TOPICAL

- Apply 1 to 2 drops on location as needed.
- Add 8-10 drops to goDésana Organics' Age Delay Hydrating Hand & Body Lotion or carrier oil.
- Apply to cuts, scrapes, and other skin abrasions to assist with healing and prevent scarring.
- Apply over minor burns that are not open wounds. If applied immediately, it may assist with blistering.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

## ingredients

100% Pure, Certified Organic and Wildcrafted oils of Carrot Seed, Lavender, vera; Wheatgerm, St. John's Wort, and Sesame Seed

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

**Safety Group #1:** Generally reported as safe when properly diluted and used as directed with children and while pregnant or nursing.

### Topical

- Infant to 3 months - 1 drop in 10 ml carrier oil
- 3 months to 3 years - 2 drops in 10 ml carrier oil
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - safe when used as directed

### Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - 1 drop in 1 tablespoon of Baby Bliss Shampoo & Body Wash
- 3 to 5 years - 3 drops in ¼ cup Pink Himalayan Salt
- 5 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality
- Pregnancy - safe when used as directed

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

### 10ml Bottle



### QUALITY ASSURANCE

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# Tooth Relief For Kids

**Ingredients:** 100% Pure, Certified Organic and Wildcrafted oils of Lavender, spike; Rosemary ct. 1,8 cineole, Grape Seed, and Fractionated Coconut

Pediatric toothaches can have a variety of causes. Tooth decay, a bacteria-induced infection, is one common cause of dental pain. Others causes may include teething, food wedged between the teeth, orthodontic appliances, or a broken tooth.

Tooth Relief For Kids is a proprietary blend of Essential Oils that have been shown to assist and help support the body with tooth discomfort in children ages 6 years and over.

## ingredient highlights

- Lavender, spike, sometimes referred to as Spanish Lavender, is native to Spain, France, Italy, the Mediterranean region, and Northern Africa. It contains a greater percentage of camphor than regular Lavender, giving it stronger analgesic and expectorant properties. It is an excellent choice for easing headaches, muscle aches, pains, and the discomfort associated with arthritis.
- Rosemary ct. 1,8 cineole is excellent with pulmonary congestion and respiratory conditions such as colds, flu, strep, bronchitis, and sinusitis. Its stimulating and uplifting properties are of added benefit when dealing with asthma or other respiratory issues involving a nervous or emotional component.

Rosemary ct. 1,8 cineole is high in oxides. It's noted to be mucolytic, expectorant, antispasmodic, fungicidal, antibacterial, and antiviral. It is traditionally used for lung congestion, to increase cerebral blood flow, and to decrease chronic inflammation.

- Grape Seed Oil is rich in linoleic acid, an important essential fatty acid for the skin and the cell membranes. It has excellent regenerative and moisturizing properties.

## suggested usage

- Apply Tooth Relief For Kids to the painful area of the outer jawline.

## responsible cautions

- Keep out of reach of children and pets. Use as directed, and adhere to Responsible Cautions at [www.godesana.com/cautions.asp](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.
- Not for use inside the mouth; apply to outer jawline only.

availability  
10ml AromaStix



goDesana organics  
feel the difference



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# Fungal Relief

## soothing blend

**Ingredients:** Lavender, spike; Niaouli, Macadamia Nut, Fractionated Coconut

Fungal Relief is formulated with Essential Oils that are known to have constituents that assist and support the body with fungal concerns.\*

Fungal infections get in through cracks in the nail bed or cuts in the skin. Because toes are often warm and damp, different kinds of fungus, and sometimes yeast, are often found there. Left untreated, such infections could spread to other parts of the body.\*

As we age, the potential for fungal infections increases. Those suffering from diabetes, smokers, and those with a weak immune system are also at higher risk. Spending lots of time in the water or previous injury to a nail bed can increase the odds of fungal infection as well.\*

Both Lavender spike and Niaouli have excellent anti-fungal and antibacterial properties, making them helpful in both the treatment and prevention of fungal infections.\*

### suggested usage (10 years & up)

#### BATH:

- Not appropriate for the bath.\*

#### INHALATION

- Not appropriate for inhalation.\*

#### INTERNAL

- Not to be used internally.\*

#### MISTING

- Not appropriate for misting.\*

#### TOPICAL

- Apply neat directly to areas of concern up to three times daily. Can be used for an extended period of time.\*

### responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

### topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

### pregnancy & children

#### Safety Group #2

#### Topical

- Infant to 3 months: Not recommended
- 3 months to 3 years: Not recommended
- 3 to 5 years: 3 drops in 10 ml carrier oil
- 5 to 10 years: 6 drops in 10 ml carrier oil
- Pregnancy: Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce)

#### Bath

- Infant to 3 months: Not recommended
- 3 months to 3 years: Not recommended
- 3 to 5 years: Not recommended
- 5 to 10 years: Not recommended
- Pregnancy: Not recommended

### availability

10ml Bottle



#### STANDARDS OF QUALITY

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# Ear Relief

## soothing blend

**Ingredients:** *Lavender, fine; Tea Tree, Rosemary 1,8 cineole, Eucalyptus Radiata* | AromaStix contain Fractionated Coconut Oil

Earaches and ear infections are both painful and scary for children and adults alike. They're one of the most common reasons for families to visit a doctor or emergency room.\*

Ear Relief is formulated for use with earaches and ear infection sufferers of all ages. Count on quick, effective, and complete relief - safely - when using this blend or any of the Alexandria Brighton Essential Oils.\*

Use Ear Relief confidently, without the risks and secondary infections that are quite common when treating with antibiotics and pharmaceuticals. In addition to using Ear Relief, use Wellness for Kids & Elderly or Wellness for Adults to support and strengthen the immune system while overcoming the earache or infection.\*

### suggested usage (10 years & up)

#### BATH:

- Not appropriate for the bath.\*

#### INHALATION

- Not appropriate for inhalation.\*

#### INTERNAL

- Not to be used internally.\*

#### MISTING

- Not appropriate for misting.\*

#### TOPICAL

- Apply 1-2 drops to finger and gently rub in front of ear and behind ear on the mastoid bone, reapplying as frequently as needed.
- Apply 1 drop to a small piece of cotton and insert into the ear.
- Apply to both ears even if only one ear has an infection, otherwise it can potentially recur in the other ear.\*

### responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.
- Do not drop oil directly into the ear.

### topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

### pregnancy & children

#### Safety Group #2

#### Topical

- Infant to 3 months: Not recommended
- 3 months to 3 years: Not recommended
- 3 to 5 years: 3 drops in 10 ml carrier oil
- 5 to 10 years: 6 drops in 10 ml carrier oil
- Pregnancy: Safe when used as directed starting in the 2<sup>nd</sup> trimester at 3% dilution (15 drops/1 ounce)

#### Bath

- Infant to 3 months: Not recommended
- 3 months to 3 years: Not recommended
- 3 to 5 years: Not recommended
- 5 to 10 years: Not recommended
- Pregnancy: Not recommended

### availability

10ml Bottle & AromaStix



#### STANDARDS OF QUALITY

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# Bedsore Care

## soothing blend

**Ingredients:** *Lavender, spike; Niaouli, Lavender, vera; Bay Laurel, Grape Seed*

Bedsores, also known as pressure sores or pressure ulcers, are localized injuries to the skin and/or underlying tissue resulting from prolonged pressure on the skin. Bedsores develop most commonly in bedridden individuals or those confined to a wheelchair. Bedsores most often occur on skin covering bony areas of the body such as the hips, tailbone, back of the shoulders, knees, elbows, and ankles.\*

Bedsores can develop quickly and are often difficult to treat. Bedsore Care is formulated with Essential Oils that are known to have constituents to assist and support the body with the care of bedsores.\*

### suggested usage (10 years & up)

#### BATH:

- Not recommended for bath.\*

#### INHALATION

- Not recommended for inhalation.\*

#### INTERNAL

- Not recommended for internal use.\*

#### TOPICAL

- Dilute 20 drops in 4 ounces of distilled water and spray over the area of concern up to 2 times daily or as needed. May also spray onto a pad and apply to the area.\*

### responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Test for skin sensitivity, especially in the very elderly.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

### topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

### pregnancy & children



**safety group #3**

#### Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *not recommended*
- 5 to 10 years - *not recommended*
- Pregnancy - *not recommended*

#### Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *not recommended*
- 5 to 10 years - *not recommended*
- Pregnancy - *not recommended*

### availability

10ml Bottle



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# Wound Care

## soothing blend

**Ingredients:** Sage, Cistus, Sesame Seed

Our skin is a barrier to the outside world, protecting our body from infection, radiation, and temperature extremes. Wounds occur when the skin is broken or damaged due to an injury of some type.\*

Some wounds are superficial and require only local first-aid like cleansing and dressing. Others, however, are deeper and require medical attention to prevent infection and loss of function due to damage to underlying structures like bone, muscles, tendons, arteries, and nerves. Human and animal bites should always be seen by a medical professional because of their high rate of infection.\*

Proper wound care is necessary to prevent infection, assure there are no other associated injuries, and to promote healing of the skin.\*

Wound Care Essential Oil Blend is formulated to assist the body with wounds. Its powerful combination of Cistus, Sage, and Sesame Seed provides a potent healing synergy for minor wounds.\*

Cistus has anti-hemorrhagic, anti-inflammatory, antiviral, antibacterial, and immune supportive properties that make it effective in healing wounds and reducing bruising and inflammation. Sage's antioxidant and anti-inflammatory properties make it useful on the skin as an anti-aging, anti-scarring, and anti-spot product.\*

### suggested usage (10 years & up)

#### BATH:

- Not appropriate for the bath.\*

#### INHALATION

- Not appropriate for inhalation.\*

#### INTERNAL

- Not to be used internally.\*

#### MISTING

- Not appropriate for misting.\*

#### TOPICAL

- Apply to minor skin wounds 2 to 3 times per day.\*

### responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

### topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

### pregnancy & children



#### Topical

- Infant to 3 months: not recommended
- 3 months to 3 years: not recommended
- 3 to 5 years: not recommended
- 5 to 10 years: not recommended
- Pregnancy: not recommended

#### Bath

- Infant to 3 months: not recommended
- 3 months to 3 years: not recommended
- 3 to 5 years: not recommended
- 5 to 10 years: not recommended
- Pregnancy: not recommended

### availability

5ml Bottle



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# WholeBODY

Alexandria Brighton Collection  
ESSENTIAL OILS

## CONNECT | 5<sup>th</sup> TOUCH

"Connect's ability to assist the body with muscular spasms, sprains, and strains make it a great massage choice. Also a great pick-me-up due to its fresh and distinct aroma." - Alexandria Brighton

Used as the 'Fifth Touch' to support and communicate with the tendons, cartilage and connective tissue of the body. Whether for use in easing spasms, sprains, and strains or for building strength in the connective tissues of the body, this powerful blend does what it is intended to do. Lemongrass, one of the primary oils in this blend, is a sedative to the central nervous system and is extremely beneficial for stress-related conditions and for times of nervous exhaustion as it is energizing yet soothing. It is also great support for dispelling anger and frustration. Will help to ease headache pain and is an excellent support for tired, aching tendons, cartilage, and connective tissue. Great for use in massage as it eases muscular spasms, sprains, and strains; and is useful after exercise as it improves muscle tone and disperses lactic acid throughout the body. Because of its powerful properties (which include dispersing lactic acid build-up, improving muscle tone, and pain relief) and distinct, refreshing aroma, Connect Blend is a great pick-me-up.

## wholebody system

Apply 2 to 3 drops just below the big toe. Gently massage into the muscles along the foot reflex spine or using the AromaStix, starting just below the big toe, then roll down along the foot reflex spine. Apply to both feet. Follow with Circulate or suggested WholeBody Blend from your completed WholeBody Assessment.

## suggested usage

### BATH

- Add 10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water. Soak 10 to 20 minutes for best results. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak.
- For a foot soak, add 8 to 12 drops of your chosen WholeBody™ System blend to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.

### COMPRESSION

- Gently massage 5-6 drops neat along the spine. Apply a warm compress for 10 to 30 minutes.

### INHALATION

- Rub 2 drops of your chosen WholeBody™ System blend in palms of both hands; cup hands over face and nose and inhale deeply.
- Diffuse 10 drops of your chosen WholeBody™ System blend in 15 minute increments throughout the day.

### TOPICAL

- Add 8 to 10 drops to 1 tablespoon of carrier oil to create a soothing blend to assist the body with aches, pains and sore muscles.
- For those who don't have anyone at home to apply the oil along the spine, self-administration is easy. Hold an open bottle at the base of the neck, allowing several drops to 'fall' down the spine. Reach behind the body, and with the back of the hand, draw the oil blend down the rest of the spine.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

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## ingredients

100% Pure, Certified Organic and Wildcrafted oils of Cinnamon Bark, Cypress, Ginger, Lemongrass, Peppermint, Rosemary ct. 1,8 cineole, Tea Tree, and Thyme ct. linalool

## topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

### Topical

- Infant to 3 months - not recommended
- 3 months to 3 years - not recommended
- 3 to 5 years - not recommended
- 5 to 10 years - not recommended
- Pregnancy - not recommended

### Bath

- Infant to 3 months - not recommended
- 3 months to 3 years - not recommended
- 3 to 5 years - not recommended
- 5 to 10 years - not recommended
- Pregnancy - not recommended

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

5ml Bottle  
10ml Bottle  
AromaStix

AromaStix contain a small amount of Certified Organic Fractionated Coconut Oil

